		FREE WEEK - FALL 2025 - STAFF FITNESS (NOON)  Monday, September 1 Tuesday, September 2 Wednesday, September 3 Thursday, September 4 Friday, September 5																		
	Monday, September 1										Thursday, September 4					Friday, September 5				
ļ	AERO MIND BODY SPIN DOJO	AERO	MIND BODY	XXX	SPIN	DOIO	AERO	MIND BODY	*FIELDHOUSE*	SPIN	DOJO	AERO	MIND BODY	*FIELDHOUSE*	SPIN	DOIO	AERO MIND BODY	SPIN	DOJO	
12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00	LABOR DAY	Bootcamp 12:15 - 1pm Alexander													Circuit Fusion 12:15- 1pm Alexander					
ſ							EDEE	WEEK EVIT	202E CTAFE FITE	NECC /CARRE	4 . 100//5	EIELD)								
	Monday, September 1 Tuesday, September 2						FREE WEEK - FALL 2025 - STAFF FITNESS (CARRE 4 + LOWE Wednesday, September 3						Thursday, September 4					September	5	
	CARRE 4	CARRE 4				LOWER FIELD					CARRE 4					CARRE 4				
12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00	LABOR DAY			Tai Chi 12:15-1pm Rosa					Bootcamp 11:30 - 12:15pm Lauren Pilates in the Park 12:30 -1:15pm Megan	**MOVE INDOO				Pilates 1:15-2pm Katelyn	]			taff Bootcamp 12:15 - 1pm Alexander		
	Monday, September 1  AERO   MIND BODY   SPIN   DOJO	Thursday, September 4 Friday, September 5  AERO   MIND BODY   *STUDIO*   SPIN   DOJO   AERO   MIND BODY   SPIN   DOJO							5											
5:00pm	AERO   MIND BODY   SPIN   DOJO	AERO	MIND BODY	*STUDIO*	SPIN	DOIO	AERO	MIND BODY	*STUDIO*	SPIN	DOIO	AERO	MIND BODY	*STUDIO*	SPIN	DOJO	AERO MIND BODY	SPIN	DOJO	
5:15pm 5:30pm 5:45pm 6:00pm 6:15pm 6:30pm 6:45pm 7:00pm 7:15pm 7:30pm 7:45pm 8:00pm	LABOR DAY	Bootcamp 5:15 - 6pm 5:1t3 - 6pm Brittany Core Blast - Britt 6:15 - 6:45pm			All Terrain Sp 6:15-7:15pr HUY		Tumbling - NEW 5:15-6pm Megan Cardio Kickboxing 6:15-7pm Shere						Vinyasa Yoga 5:30-6:15pm Lekha		MMA Combat Fitne 5:15 - 6:00pm Alexander All Terrain Spin 6:15-7:15pm HUY	255			Wrestling 5 - 6:30pm Alexander	
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,	Monday, September 1		Tuesday	Santambar	2		FREE WEEK - FALL 2025 - FITNESS (CARREFOUR) Wednesday Sentember 3						Thursday, September 4					Friday Sentember 5		
ŀ		Monday, September 1 Tuesday, September 2  CARRE 4 CARRE 4					Wednesday, September 3  CARRE 4					CARRE 4					Friday, September 5 CARRE 4			
5:00pm 5:15pm 5:30pm 5:45pm 6:00pm 6:15pm 6:30pm 6:45pm 7:00pm 7:15pm 7:30pm 7:45pm 8:00pm	LABOR DAY								Power Yoga 7-7:45pm Elizabeth					Line Dancing 5:30-6:45pm Sinh			_	Bootcamp 5:30-6:15pm Kanako		